WHAT IS CLAIMED IS:

5   1.   A dietetic scale comprising:

a bar code reader for identifying a food product contained in a package from a bar code displayed thereon;

means for retrieving predetermined food content data per unit weight of said food product from a database containing predetermined food content data per unit

10   weight for a plurality of food products;

a scale for determining a measured weight of a serving of said food product obtained from said package; and

means for comparing said measured weight of said serving of said food product with said predetermined food content data per a unit weight of said food

15   product so as to calculate a nutritional content of said serving of said food product.

2.   The dietetic scale of claim 1, wherein said means for comparing said measured weight with said predetermined food content data per unit weight of said food product comprises:

20   electronic memory having predetermined food content data content for a plurality of food products entered therein.

3.   The dietetic scale of claim 2, wherein said predetermined food content data for a plurality of food products comprises a compilation of standardized nutrition facts

25   promulgated for said food products.

4.   The dietetic scale of claim 2, further comprising:

means for cumulatively summing calculated nutritional contents of a plurality of servings of food products.

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5.   The dietetic scale of claim 4, wherein said means for cumulatively summing said calculated nutritional contents of a plurality of servings of food products comprises:

means for cumulatively summing said calculated nutritional contents over a predetermined interval of time.

6.   The dietetic scale of claim 5, further comprising:

means for comparing said calculated nutritional contents that are cumulatively summed over said predetermined interval of time with a predetermined goal for intake of said nutritional contents for said interval of time.

7.   The dietetic scale of claim 6, wherein said predetermined goal for intake of said nutritional contents includes predetermined minimums and maximums for selected nutritional contents for said predetermined period of time.

8.   The dietetic scale of claim 7, wherein said means for comparing said cumulatively summed contents with said predetermined goal comprises:

electronic memory for storing said predetermined goal for intake of said nutritional contents; and

a computer processor for comparing said summed nutritional contents with said predetermined minimum and maximum of said predetermined goal so as to calculate differences between said summed nutritional contents and said predetermined goal.

9.   The dietetic scale of claim 8, further comprising:

means for visually displaying at least said calculated nutritional contents.

10.   The dietetic scale of claim 9, wherein said means for visually displaying said values comprises:

at least one LCD panel.

11.   The dietetic scale of claim 9, further comprising:

means for manually entering said food content data for said food products.

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12. The dietetic scale of claim 11, wherein said means for manually entering said food content data comprises a manually operable keypad.

13. The dietetic scale of claim 8, further comprising:

10   means for outputting at least said differences between said summed nutritional contents and said minimums and maximums of said predetermined goal to electronic storage media for subsequent retrieval and analysis.

14. The dietetic scale of claim 13, wherein said electronic storage media

15 comprises digital flash card media.

15. The dietetic scale of claim 1, wherein said means for weighing a serving of said food product comprises a strain gauge having an electronic output.

20   16. The dietetic scale of claim 1, wherein said bar code reader comprises:
        a bar code scanner mounted in a wand attached to a housing of said scale.

17. The dietetic scale of claim 1, wherein said bar code reader comprises a stationary bar code scanner mounted behind a window in a housing of said scale.

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18. A method for calculating a nutritional content of a serving of a food product, said method comprising the steps of:
        scanning a bar code on a package so as to identify a food product contained therein;

30   retrieving predetermined food content data per unit weight of said food product from a database containing predetermined food content data per unit weight for a plurality of food products;
        weighing a serving of said food product from said container so as to determine a measured weight of said serving; and

comparing said measured weight of said serving of said food product with said predetermined food content data per unit weight of said food product so as to calculate a nutritional content of said serving of said food product.

19.   The method of claim 18, wherein said database containing predetermined food content data per unit weight for a plurality of food products comprises a compilation of standardized nutrition facts promulgated for said food products.

20.   The method of claim 18, further comprising the step of:

cumulatively summing said calculated nutritional contents of a plurality of servings of food products over a predetermined interval of time.

21.   The method of claim 20, further comprising the step of:

comparing said calculated nutritional contents that are cumulatively summed for said predetermined interval of time with a predetermined goal for intake of said nutritional contents for said interval of time, so as to calculate differences between said summed nutritional contents and predetermined minimums and maximums for selected nutritional contents within said goal.

22.   The method of claim 21, further comprising the step of:

outputting at least said differences between said summed nutritional contents and said maximums and minimums of said predetermined goal to electronic storage media for subsequent retrieval and analysis.